

Together we are rebuilding lives after abuse.

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Postal Strike Update

The current Canada Post labour situation may delay mail delivery and impact our ability to provide life-saving support for women and children fleeing abuse. Your timely support ensures we can continue providing emergency shelter and critical services without interruption.

To ensure your gift reaches survivors immediately, [please donate online](#) or call 416-924-1411 ext. 238.



As summer winds down and the days begin to grow shorter, we want to take a moment to thank you for helping to make this season brighter for the women and children at Interval House.

This season has been a time of growth and renewal, filled with healing, joy, and important firsts - first nights of safety, first steps toward independence, and the first feelings of hope in a long time. It is because of your monthly support that we can offer a sanctuary where women and children can begin to heal and rebuild their lives.

Thank you for your ongoing commitment to help break the cycle of violence.

Jennifer's Trek to Cambodia in Support of Interval House!



Jennifer Williams from Royal LePage has been a longtime, generous supporter and advocate of Interval House. Since 2016, Jennifer has raised nearly \$25,000 through various efforts such as her treks.

Recognizing the growing crisis of intimate partner violence (IPV), every two years Jennifer travels to different parts of the world, trekking in the most challenging conditions to raise awareness and funds for survivors. In the past, she has completed 100km treks in Iceland, the Sahara Desert, the Purcell Mountains and Ecuador.

This October, Jennifer will be traveling to Cambodia for her fifth trek! Along with like-minded colleagues, Jennifer will be trekking through the heat and humidity, 6 to 9 hours a day for 5 days, for a total of 100km. Jennifer pays all her own trek costs. All donations raised will go towards helping survivors of IPV.

Click below to learn more about this amazing initiative and how you can support Jennifer!

JenTreds

Be sure to check out Jennifer on **Instagram** [@northtorontoliving](#), **Facebook** [@Jennifer Williams](#) and her **Trek Page** at www.JenTreds.ca to follow her journey!

Innovation at Interval House



For the past six decades, Interval House has been at the forefront of the fight against intimate partner violence.

Always evolving. Constantly innovating. Finding new ways to help survivors of intimate partner violence rebuild their lives. But the work is far from over.

Click below to watch our newest video, where we take you on our journey of creating safety, hope, and lasting change over the past 50 years.

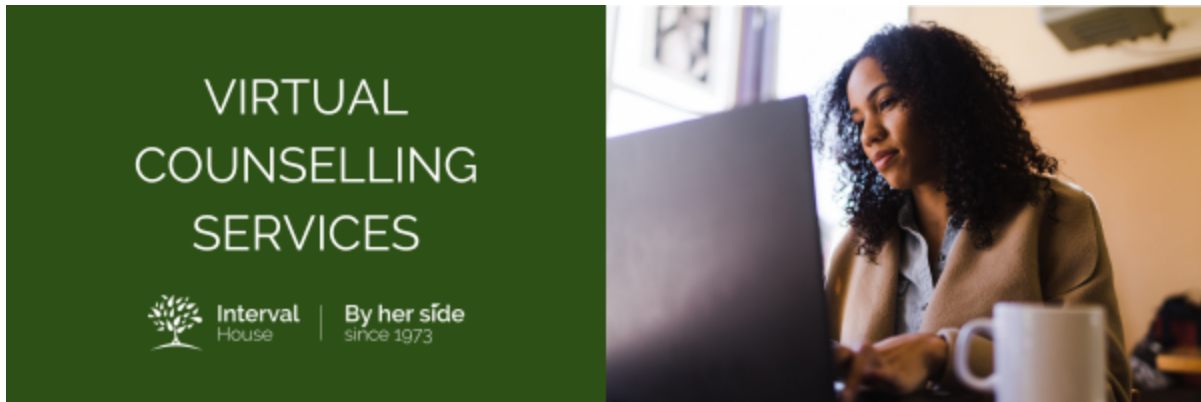
Innovation at Interval House

P.S. We are truly grateful for your monthly support and would appreciate if you would take a moment to fill out our brief survey below.

Updates on New Programming at Interval House!



Virtual Counselling Services



Our **Virtual Counselling Services (VCS)** plays a vital role in helping women across Ontario who have experienced IPV to understand the dynamics of abuse, address their trauma, and break free from the cycle of violence.

Our counsellor customizes each session to fit the client's needs and experiences. For additional support, clients are also given access to learning tools and resources on our secure online portal.

Below is a recent quote from one of our clients:

“The counsellor was super understanding, and I experienced a lot of 'aha' moments in realizing what abuse was and that I didn't cause it. She truly made it a safe space to share thoughts, feelings, and information.”

Financial Literacy Pilot Project



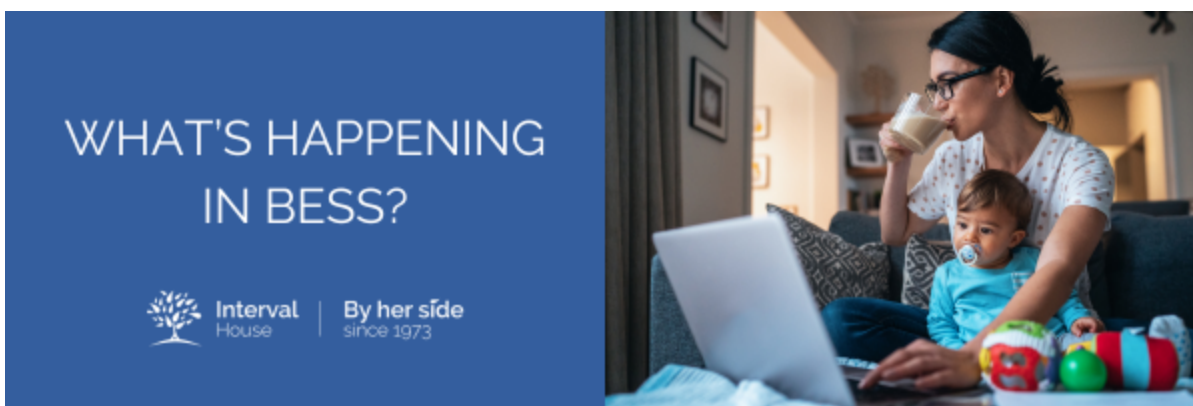
This month's **Financial Literacy Pilot Project (FLPP)** workshop, “**How to Start Your Own Business**”, featured special guest **Ruqia Karimi from Access Community Capital Fund**. As the Program Coordinator of the Women's Business Accelerator (WBA) Program, Ruqia guided clients on how they can start their own businesses by gaining tools and coaching through the WBA Program.

We are delighted to see clients gain practical financial knowledge and skills that empower them to become economically self-sufficient, and begin new lives, free from abuse.

If you are interested in supporting our new programming, or would like to learn more, please email us at donations@intervalhouse.ca or call us at 416-924-1411 ext. 238.

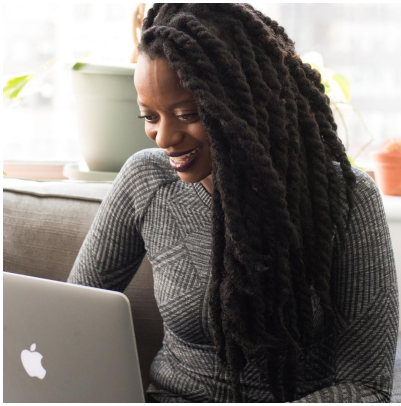
[Donate Now](#)

What's Happening in BESS?



When job hunting, it's important to know which application is legitimate. In this month's BESS workshop, “**Protecting Yourself from Job Scams**”, clients learned how to spot red flags, trust their instincts and take charge of their job search.

[Building Economic Self-Sufficiency](#)



“It was more than I thought. The program gave me so much information that I didn’t know I lacked. It totally changed my perspective on how I viewed by trauma.”

– Alisha*, Virtual Counselling Client

In the News



CBC News: [Police data shows intimate partner violence calls on the rise in Ontario](#)

Calgary Herald: [Family of woman allegedly killed by former boyfriend start petition for stronger federal action on domestic violence](#)

Global News: [N.S. woman says court system failing her as intimate partner violence case drags on](#)

CTV News: [Calgary rally against domestic violence calls for change](#)



Do you know someone in crisis?

If you know someone that is being abused and needs immediate assistance, call our crisis line.

CRISIS LINE: 1-888-293-5516

For more information about our shelter and programs, see our non-emergency contact information below.

TEL: 416-924-1411 EXT. 251

EMAIL: info@intervalhouse.ca

CONTACT US

For other questions and donor inquiries, please find our non-emergency contact information below:

TEL: 416-924-1411 EXT. 238

EMAIL: donations@intervalhouse.ca

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Interval House

Interval House is the first centre for abused women and children in Canada. We are leaders in the campaign for women's empowerment, providing innovative, specialized services that help women survivors of intimate partner violence and their children transform their lives and break the cycle of abuse.

[Interval House Website](#) – [Donate Now](#) – [Crisis Line](#)

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